

# CHOLESTEROL AWARENESS

## Have you ever had your blood cholesterol checked?

- In 1997, 69% of Montana adults reported having ever had their blood cholesterol checked, with no difference between sexes.
- The percentage of adults having ever had their blood cholesterol checked increased significantly with increasing age class.
- Adults with a college education were significantly more likely to have had their cholesterol checked than adults with less education.
- The percentage of adults having ever had their blood cholesterol checked tended to increase with increasing household income. Adults with household incomes less than \$20,000 were less likely to have had their cholesterol checked than adults with incomes of \$50,000 or more.

## Have you had your blood cholesterol checked in the past five years?

- In 1997, 63% of Montana adults had their blood cholesterol checked in the past five years, with no difference between sexes.
- With increasing age class, adults were more likely to report having had their blood cholesterol checked during the past five years.
- Significantly more adults with a college degree (70%) had their blood cholesterol checked within the past five years compared to adults with a high school education (60%) or less than a high school education (56%).
- The percentage of adults reporting that they had their cholesterol checked in the past five years has changed little since 1990.

## Were you ever told your blood cholesterol was high?

- In 1997, 31% of adults had ever been told by a health care professional that their blood cholesterol was high.
- As age class increased, a greater percentage of adults reported being told their blood cholesterol level was high. Significantly more adults aged 45 and older had been told their blood cholesterol was high relative to adults less than 45 years of age.
- The percentage of adults who had ever been told that their blood cholesterol was high tended to increase with decreasing education level.
- Since 1990, the percentage of respondents reporting that they had ever been told that their blood cholesterol was high has remained relatively constant.

Healthy People 2000 Objective:

15.14 Increase to at least 75 percent the proportion of adults who have had their blood cholesterol checked within the preceding 5 years.

**Table 8. Cholesterol Awareness, Montana Adults, 1997 (with 95% confidence intervals).**

	Ever had blood cholesterol checked				Blood cholesterol checked in past 5 years				Ever told blood cholesterol was high*		
	Total No.	No.	%	CI (+/-)	Total No.	No.	%	CI (+/-)	No.	%	CI (+/-)
All Adults: 1997	1803	1282	69	(2)	1708	1107	63	(3)	396	31	(3)
Sex:											
Male	760	532	69	(4)	721	456	63	(4)	153	30	(4)
Female	1043	750	69	(3)	987	651	63	(3)	243	32	(4)
Age:											
18 - 29	297	118	39	(6)	274	105	38	(6)	16	14	(7)
30 - 44	578	377	64	(4)	552	303	54	(5)	86	23	(4)
45 - 64	537	460	86	(3)	512	400	79	(4)	161	36	(5)
65+	389	325	83	(4)	368	297	80	(4)	133	42	(6)
Education:											
<High School	181	115	59	(9)	166	101	56	(9)	50	44	(10)
High School	575	388	65	(4)	542	339	60	(4)	134	35	(5)
Some College	543	372	67	(4)	509	324	62	(5)	108	28	(5)
College Degree	500	404	81	(4)	488	341	70	(4)	104	26	(5)
Income:											
<\$10,000	95	63	60	(12)	86	55	58	(13)	26	40	(14)
\$10,000 - \$19,999	273	162	57	(6)	255	137	52	(7)	53	32	(8)
\$20,000 - \$34,999	520	352	64	(4)	503	310	59	(9)	96	28	(5)
\$35,000 - \$49,999	298	233	79	(5)	289	198	69	(6)	75	34	(6)
\$50,000+	238	201	83	(7)	231	172	73	(6)	50	25	(6)
Race:											
White, non-Hispanic	1677	1202	70	(2)	1593	1034	63	(3)	380	32	(3)
Non-white or Hispanic	119	76	61	(12)	109	70	62	(12)	15	20	(11)

\* Denominator is people who ever had cholesterol checked

**Figure 7. Cholesterol Awareness, Montana Adults, 1990-1997.**

